

NAVY DRUG AND ALCOHOL ABUSE PREVENTION (NADAP)



NADAP E-GRAM



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Information contained in each NADAP E-GRAM will provide command leadership, ADCOs, DAPAs and UPCs with information which can be integrated into a commands ongoing Prevention Program to reduce alcohol and drug abuse and related incidents

Profile of a Drug Abuser

The Navy Sailors most at risk of becoming drug users fit a common profile. The "at-risk" Sailor is typically male, E-3 and below, between 20-22 years old with 2.5 years of service, an average of 14-24 months onboard his first permanent duty station, not warfare qualified, and not enrolled in any off-duty education. Commands can reduce their incident caseload by focusing on this group.

- Proactive commands should develop command-specific drug abuse prevention campaigns and encourage all personnel to become involved in work center, division, and departmental programs.
- Focus on first-terms Sailors by creating a DAPA tracking system that identifies Sailors that reach the 12-month aboard mark. Assess these Sailors' attitudes about drug abuse and provide preventative training like the "Skills for Life" CBT and PREVENT to those who need it.
- Ensure that your drug-testing program remains random and aggressive. Test as often as possible to reach your testing requirements to effectively deter potential drug users.
- Make sure that education of the career and health effects of drug use is an ongoing process through the use of CO Calls, DAPA visits to work centers, and Plan of the Day notes.
- Leadership must be engaged for any prevention program to work. This means that the Commanding Officer should use CO Calls to emphasize Navy's Zero Tolerance policy, DAPAs should make frequent visits to work centers, and supervisors should incorporate Navy's message into midterm counseling.

There is no such thing as a universal approach to prevention. Command prevention programs must be flexible enough to adjust to the needs of individual Sailors. By targeting this group, commands will go a long way towards reducing drug-related attrition and improving the productivity of their Sailors.

ADCO SUMMIT 2004-MILLINGTON

Navy Alcohol and Drug Abuse Prevention (NADAP) Branch is hosting its bi-annual Alcohol and Drug Control Officer (ADCO) Summit in Millington, TN May 11-14 2004. The ADCO Summit brings ADCOs from throughout the Fleet together to a professional setting to discuss new prevention approaches, share Best Practices and compare notes on effective prevention programs and to network. Representatives from other services, private research institutes, and treatment facilities will speak on topics central to substance abuse prevention in the Navy. This is an important event and all ADCOs are strongly encouraged to attend. To reserve a spot or request further information, contact CTRL at COMM: (901) 874-4266, DSN: 882-4266, or TMC at COMM: (901) 874-4250, DSN: 882-4250.

SECDEF COMMUNITY DRUG AWARENESS AWARD

The Department of Defense is now accepting nominations for the FY-03 Secretary of Defense Community Drug Awareness Awards. The Secretary of Defense Community Drug Awareness Award is presented annually to the best drug demand reduction program for the previous fiscal year within each Service, the National Guard Bureau, and the Defense Agencies. Established by the Department in 1990, the award promotes community drug awareness efforts in the Department of Defense community. The 14th Annual Community Drug Awareness Awards will be presented on Monday, October 25, 2004 as part of the Pentagon's Red Ribbon Week activities. This award is an excellent way to reward those commands that have proven most aggressive in combating drug use. Award nominations are due by 30 May, and should be sent to: Navy Counternarcotics (N323) Office, Attn: LCDR C. Elder, Room 4C453 Pentagon; Washington, DC 20350-2000.

NAVY DRUG SCREENING PROGRAM (NDSP) 5.2

The latest version of NDSP, version 5.2, will be released in the next four weeks. This new version will add several features, including the following:

- **Import Rosters from MS Excel** – Users can import rosters directly from MS Excel 2000 and 97.
- **Rosters can be arranged by pools** – A "tree view" representation of the pool structure can be used to manage the roster.
- **Additional buttons on main screen** – Buttons have been added to the main screen to make the interface user-friendly.
- **Members can be added during test generation** – On tests where members can be manually selected, an option allows members to be added to the database without canceling the test.

- **Consistent menu items** – Right-click menus, drop down menus, and buttons have been added for almost every operation in the software.
- **Ability to retest fatal discrepancies** – Marking a sample with Fatal Discrepancies (Untestable) will prompt user to generate a "Retest".

A message will be sent out prior to the release of NDSP 5.2, and the program will be available thereafter on the NADAP website. For more information, contact IT2 at (901) 874-4251/DSN 882-4251 or **send an E-mail**.

"Best Practice" of the Month

Focus on your first term single Sailors. Use your Sponsor Program to send prospective Sailors the right message on first contact, before they even report to your command. Once onboard, continue your Sponsor Program as a mentoring relationship until your new Sailors are fully integrated into the command. Reinforce your command's anti-substance abuse environment by strengthening command norms right from the start!

For more information on "Best Practices" log onto the NADAP website at:

HTTP://NAVDWEB.SPAWAR.NAVY.MIL

Select the "Prevention Works" icon.

Upcoming NADAP Summits

	FY-04
10-14 May	Millington, TN
07-11 June	Sigonella/Naples
20-23 July	Brunswick, ME
30 Aug-3 Sep	San Diego, CA

For more information on NADAP Summits log onto the NADAP Website at:

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Select Education/Training

Did you know?

Did you know that commands that sent representatives to NADAP Summits have experienced a significant reduction in the number of alcohol-

related incidents and Sailor drug test positives? Surveys of summit attendees have revealed that, prior to summit attendance, commands:

- Command and work center alcohol norms were focused on "Risk Factors" and not "Protective Factors".
- Command policies left prevention to the rest of the community.
- Sailors felt there was a stigma in asking for help for behavior health problems.

After attending NADAP Summits and consulting with headquarters personnel and prevention specialists, commands were able to adjust their prevention policies and:

- Identify and eliminate risk factors.
- Promote protective factors.
- Encourage positive supervisor responsiveness.
- Increase awareness of alcohol and drug policies.
- Promote a consistent message.

NADAP Summits have had a positive effect on commands that have sent representatives. For more information, contact TMC at COM: (901) 874-4250, DSN: 882-4250, or [send an email](#).

the NADAP E-GRAM via e-mail let us know by [sending an e-mail](#). Don't forget about the other valuable resources available on the PERS-6 website at:

